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WHAT IS CLAIMED IS:

1. An air bag in a folded state housed in an instrumental panel, the air bag inflated by an inflator when a vehicle is crashed, the air bag comprising:

an opening portion into which a glas generated by the inflator as flown;

a gas flow path portion; and flows an occupant restraint portion, the gas is flown from the opening portion to the occupant restraint portion, and flow full wherein at least one of penetrating portions is for him located within the air bag.

- penetrating portions divides a gas flow path portion into two or more for flowing the gas from the opening portion to the occupant restraint portion through the gas flow path potion.
- 3. An air bag in a folded state housed in an instrumental panel, the air bag inflated by an inflator when a vehicle is crashed, the air bag comprising:

an opening portion into which a gas generated by the inflator [s] flowh;

a gas flow bath portion; and wherein an occupant restraint portion, the gas fis flow of from

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the opening portion to the occupant restraint portion. How path fortion wherein at least one of joint portion is located within the arr bag.

Joint portion divides a gas flow path portion into two or more flowing the gas from the opening portion to the occupant restraint portion through the gas flow path portion.

5. The air bag according to claim 3, wherein the joint portion is formed by partially sewing the gas flow path portion.

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